



## March is National Nutrition Month®



At the Navy and Marine Corps Public Health Center, we know that eating a variety of fruits and vegetables help Sailors, Marines and their families get the essential vitamins, minerals, and other nutrients that only these foods can provide. A key component for maintaining stamina and good health is the type of foods we eat. In addition to supporting weight loss or maintaining a healthy weight, consuming the recommended number of servings of fruits and vegetables daily also helps decrease the risk of disease, such as stroke, cardiovascular disease, type-2 diabetes, and certain types of cancer. Additionally, optimal performance depends on eating well balanced meals, including meals with more fruits and vegetables.

However, eating healthy foods can be easier said than done. A recent survey conducted by the International Food Information Council Foundation found that taste is the primary driver of food and beverage purchases for 89% of consumers. Which is why, during the month of March, the Health Promotion and Wellness (HPW) Department will promote National Nutrition Month's®

### *Enjoy the Taste of Eating Right*

In observance of National Nutrition Month®, we are highlighting our Healthy Eating campaign materials and educational resources.

The following campaign materials are available for your use and dissemination:

- [Healthy Eating Brochure](#)
- [Healthy Eating Fact Sheet](#)
- [Healthy Eating Poster](#)

To learn how our programs can help keep your service members fit for service and improve overall health, please visit our [Healthy Eating Web Page](#).

### *Additional HPW Resources*

Check out our additional resources! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Campaign Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)



# HEALTH PROMOTION AND WELLNESS PARTNER OUTREACH

March 2014



2014 theme of “Enjoy the Taste of Eating Right” among Sailors, Marines and their families.

## Resources You Can Use

Please consider distributing the following resources to your audiences throughout this month. If you reuse or reproduce any of these materials, we request you please include the following attribution: “Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department” and please [email](#) to let us know so that we may track the reach of our materials.

### Factsheet: Mastering Flavorful Cooking

Healthy cooking can be easy, fun, and rewarding. Healthy cooking techniques capture the flavor of food, increase the nutritional quality of meals, and promote healthy eating behaviors. [Click here](#) for tips on foods, equipment, and flavoring options for nine different cooking methods.

### Factsheet: Spice It Up!

Healthy food can be tasty food. Cooking with herbs and spices enhances the flavor of food without adding fat, sugar, or salt. [Click here](#) for tips on using over 25 sweet and savory spices.

### Challenge: Crews into Shape

Congratulations to those who signed up for this year’s Crews Into Shape Challenge! You’re on your way to eating healthier and increasing your physical activity – which of course, means a healthier you! Registration is now closed, but that doesn’t mean you can’t challenge yourself at home. Visit the Crews Into Shape [website](#) or contact Dawn Whiting ([dawn.whiting.ctr@med.navy.mil](mailto:dawn.whiting.ctr@med.navy.mil)) for more information.

### Video: Watch the New Healthy Living PSA

Sailors and Marines face a variety of everyday lifestyle decisions, whether it’s finding the right exercise routine to better meet operational duties, making healthy food choices, or choosing not to use tobacco for optimal performance. It’s these types of daily decisions that led to the development of the of the Healthy Living public service announcements (PSAs). There are two versions, a 60-second PSA and a 2-minute PSA, that walk viewers through a day in the life of a male and female Sailor making

### *New Report for Wounded, Ill, and Injured Service Members*

The [Navy and Marine Corps Public Health Center](#) (NMCPHC) [Health Promotion and Wellness](#) (HPW) Department and the [EpiData Center](#) (EDC) released a report that studies health encounters experienced by [Wounded, Ill, and Injured \(WII\)](#) Sailors and Marines with traumatic amputations. The purpose of this assessment is to identify HPW resources that could be used during the acute phase of treatment and rehabilitation of WII members for preventable chronic diseases.

The [report](#) revealed that major-limb traumatic amputations comprise more than 1,700 injuries for service members from 2001-2012. Additionally, literature and epidemiologic surveillance data of WII members shows trends of increased care for [psychological and emotional wellbeing](#), along with referrals for [nutrition counseling](#) and [tobacco cessation](#).

### *HPW Strategy for Early Phase of Recovery*

- Learn new stress management skills and behavior change strategies
- Cease any smoking or excessive alcohol intake
- Exercise nutritious eating habits to maintain a healthy weight
- Follow a comprehensive physical activities plan

For more information on this subject and to read the report, [click here](#).






healthy choices in order to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors. The PSAs are available to download for free and underscore the importance of healthy behaviors for Sailors and Marines. You're welcome to post a link to the PSAs on your website as well as share them through your social media channels (see social media section of the newsletter) or other communication channels. Check out these videos and others on [NMCPHC's YouTube channel](#).


## Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#)!



Facebook and Twitter Messages for you to post:

### Social media messages 1:


 March is National Nutrition Month (R) and we will be sharing tips and resources on how you can "Enjoy the Taste of EATING RIGHT" all month long! <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-march.aspx> #EatRight


 It's National Nutrition Month (R)! Learn how you can "Enjoy the Taste of EATING RIGHT" with these resources: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-march.aspx> #EatRight

### Social media messages 2:

  Get healthy by planning a few vegetarian meals this week. Learn more about meatless meal ideas here: <http://fnic.nal.usda.gov/lifecycle-nutrition/vegetarian-nutrition/recipes-and-meal-planning> #HPWTipOfTheDay

### Social media messages 3:

 Did you know? Quitting or abstaining from tobacco use can improve lung function, improve performance and reduce stress. Check this Healthy Living PSA to learn more! <http://bit.ly/1kzsoEY> #TobaccoFree #PublicHealth

 #DYK: Being #TobaccoFree can improve lung function, performance and reduce stress. Learn more: <http://bit.ly/1kzsoEY> #PublicHealth





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## Social media messages 4:



Wondering how your shipmates have the energy to go all day? Eating healthy and staying active are part of the equation. Learn more from this Healthy Living PSA. <http://bit.ly/LSuoJg>  
#PreventionThroughProtection #PublicHealth



Eat healthy and stay active to have the energy you need to go all day. Learn more from this Healthy Living PSA. <http://bit.ly/LSuoJg>  
#PublicHealth

[Contact us](#) if your organization would like to collaborate with us on social media messages or if you would like for us to share your messages on our [Facebook page](#).

## Webinar Calendar

We host monthly healthy living webinars for health educators and other health professionals as well as beneficiaries to create awareness of the health promotion and prevention resources, tools, and programs offered by the HPW department to motivate healthy behaviors.

Date	Webinar Title	Time
TBC 2 April 2014	Promoting Sexual Health	1200-1300 ET
TBC 9 April 2014	How I Ask My Patient About Sexual Health	1200-1300 ET
TBC 16 April 2014	Navy Medicine and Unplanned Pregnancy Prevention	1200-1300 ET

For many of our webinars we offer continuing education units (CEU) for Certified Health Education Specialists (CHES). If you are interested in attending one of our webinars click [here](#) for registration details.

## Upcoming Training

Our education and training programs equip Navy and Marine Corps command personnel with the tools, education, and programmatic practice programs and interventions at the local command level. To learn more, visit our [Health Promotion training page](#).

## Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.

